



4 - JGSDF BBQ



6 - Relief effort

Rear Adm. Ruehe delivers farewell to CNFJ, FDNF team

Rear Adm. Frederic Ruehe
Commander, Naval Forces Japan

Editors Note: This is the final regional commander's update before the upcoming change-of-command

As my assignment as Commander, U.S. Naval Forces Japan (CNFJ) comes to a close, I would like to use my final column to express my appreciation to you – the men and women who comprise the



Commander U.S. Naval Forces, Japan, Rear Adm. Frederic R. Ruehe, (center), looks on as Capt. Tilghman D. Payne, (right), relieves Capt. Michael L. James, (left), as Commander, Fleet Activities Sasebo in a change of command ceremony in April, 2005. (U.S. Navy Photo by PH1 (SW) Paul J. Phelps)

CNFJ Forward Deployed Naval Forces team – and to pay tribute to your many accomplishments over the past two years.

I could fill this entire paper with your achievements and my thanks to everyone

who made them possible. There are so many of you who play a direct and central role in everything the FDNF does – active-duty, reservist, civilian, contractor and family members, with every forward-deployed organization.

Thanks, and praise also, to our leaders and partners within and outside of the U.S. Navy – without whom we could not function: the American Embassy – the Ambassador and his team have made us an active part of the country team; Commanders and their staffs at Pacific Fleet, Seventh Fleet, U.S. Forces Japan and Navy Installations, providing the guidance, mission priorities, and resources so vital to our performance; the Japanese central and local governments who have done so much to support our readiness and quality of life in Japan; our Japan Maritime Self Defense Force (JMSDF) counterparts and teammates; the support organizations like JANAFA, the Navy League and the Japan - America society; the communities who graciously host our bases, and the Japanese people, who are so generous with their friendship and hospitality.

It is due to your individual and collective efforts that our team has enjoyed success.

Your hard work has strengthened our ties with the JMSDF and developed our ability to operate together. Most notably, we have improved our communications interoperability capability with the JMSDF, which has improved our ability to undertake combined operations, share a common operational picture and communicate on an unprecedented scale.

We have also witnessed the seamless integration of JMSDF units into Operation Enduring Freedom and support for the tsunami relief effort in Indonesia, Thailand, and Sri Lanka – all together making a very positive impact on world stability and the promotion of peace.

You have set the bar for highly effective Fleet support. The Forward-deployed

Navy is about readiness, and CNFJ plays a vital role in sustaining Fleet readiness.

Our goal is to sustain effective support through service to the Fleet, and you have accomplished that goal. You have made a commitment to being the best at what we do so the commands we support – the operational forces of the Seventh Fleet – can be the best at what they do.

Through a commitment to personal responsibility and pride in service, you have strengthened the bond of friendship with our Japanese hosts. Your strong and positive engagement with

our host nation neighbors is America's most effective vehicle for delivering international good will and building on our successful collaboration with our strongest allies – the Japanese.

You have made a concerted effort to assist Sailors and their families in making the adjustment to their new duty station so they are able to make the most of their time spent in our host country. You have embraced the philosophy that getting involved with the Japanese community is the key to making Japan a memorable assignment, recognizing that doing so not only makes a good impression on our hosts, but also leads to our own personal growth and development.

One of CNFJ's most important roles is that of host nation relations. Through your considerable efforts – working closely with USFJ, the Embassy and the Government of Japan – CNFJ acts as an enabler for our operational forces.

You have embraced change and innovation and have seamlessly made the

transition of our shore installation management mission under Commander

Navy Installations (CNI). CNFJ now manages our six bases with a program-centric operating philosophy, while maintaining the vital focus on mission accomplishment by our installation leadership teams.

You have been innovative, supporting enterprise partnerships between CNI and Naval Facilities Engineering Command, Naval Supply Systems Command, Naval Legal Service Command, and Navy Net Warfare Command. Through your efforts, we have forged cross-regional collaboration efforts with Navy Regions Korea and Singapore, promoting partnership.

I am grateful for the opportunity to work alongside the finest assembled group of professionals I have known, and I thank each and every one of you who has played a part in CNFJ's vital role in maintaining a dependable and reliable FDNF presence in the Western Pacific. Your efforts in this vitally important area of the world have been and will continue to be essential in supporting the Fleet, our friends and our allies, as we work together to promote peace, stability, and prosperity throughout the region.

Brief Notes

Club Off Limits

Effective immediately, **Club Flava**, is off limits to **ALL** Status of Forces Agreement (SOFA) personnel. Any person visiting this establishment is in violation of this order and subject to disciplinary action.

Bowling Center Opening

Due to delays caused by Typhoon 14W, the Spare Time Bowling Center will now open Sept. 18.

Fun on the Field

Sept. 17, 11 a.m. - 4:30 p.m. at Nimitz Park. Come out for a field day for Boys and Girls Club pre-teens hosted by Reality Check's Single Sailors. The event will feature a kick ball game, water balloon fight, and sack race. Lunches and snack will be provided. Join the fun at Nimitz this Saturday.

DUI Counter:
48 days as of Sept. 15

Farewell to a friend...

On behalf of the CFAS community, the *Sasebo Soundings* would like to express our condolences to the family and friends of Kimberly Pennington, who recently passed away. Ms. Pennington managed the Sasebo Navy Lodge from May, 1997 - June, 2005.

CFAS authorizes Hurricane Katrina Relief Project

From CFAS Religious Ministries

The pictures we have seen and the reports we have heard regarding the aftermath of Hurricane Katrina all tell the same story massive property destruction, a tragic loss of life and a level of human need that is both urgent and longstanding.

Commander Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne, has authorized a special "Hurricane Katrina Relief Project" which is being launched

immediately. The focus of this project will be to raise monetary funds which can be utilized to provide relief in a timely and effective manner.

Two relief agencies will be targeted for this particular relief project: The Navy-Marine Corps Relief Society and The American Red Cross.

Individuals, groups, organizations, departments and commands are encouraged to make their very best effort to raise funds in support of this urgent relief project. Monetary donations raised

can be designated for either of the targeted relief agencies. To allow a maximum level of community involvement and support, this special relief project will run through Friday, Sept. 30.

The CFAS Religious Ministries Department has been tasked with managing this community-wide relief project. Your primary points of contact are Cdr. Harvey Ranard or RP1 Parrish Walker at 252-3380, or by e-mail at [<harvey.ranard@sasebo.navy.mil>](mailto:harvey.ranard@sasebo.navy.mil) and [<parrish.walker@sasebo.navy.mil>](mailto:parrish.walker@sasebo.navy.mil).

Navy offering humanitarian assistance at its finest

FLTCM (AW/SW) Jon Thompson
Atlantic Fleet Master Chief

Impressive is the only word I can think of to describe the Navy's actions following hurricane Katrina! Every time I turn on the television or open a newspaper I see our Sailors doing incredible things for people they have never met. It's humanitarian assistance at its finest and I've never been more proud of what we, individually and collectively, bring to the table when people are in need. Most Americans are used to hearing about how the Navy helped out people in a foreign land. Today, Americans are seeing our capability and generosity up close and personal. To every Sailor in the mix, my hat's off to you all. You are true champions and when you look in the mirror, you should feel very good about what you are doing to help other Americans.

Every day I read about the Navy's contribution to the relief effort. Currently (this may change by the time you read this) we have 19 ships operating either in the Gulf of Mexico or moored pierside. We are also flying more than 60 helicopters, almost around the clock,

delivering anything and everything. Our Seabees are spread throughout our Gulf Coast bases and are working side-by-side with local people to help clear access, restore power and erect camps and facilities to provide the basics. Our medical teams are saving lives by the minute. I could go on and on about the units involved and I'd still end up missing someone. The bottom line is this team effort, accomplished by active duty and reserve Sailors, is making an immediate and tangible difference and our actions will have a lasting effect on the lives of people who have been thrust into an extremely difficult series of events.

The situation in the Gulf Coast is particularly difficult for our Navy because so many of our bases were also affected. When the evacuation orders were issued, many of our own fled the area. We continue to track missing Sailors and the Navy's Helpline (877-414-5358) is staffed 24 hours per day. The number is for all Navy active duty, Reserve personnel, DON civilians and family members. If you are in contact with someone from the region who has yet to check in and muster, please give him or her the number and have him or her call at once.

Navy Personnel Command has set up this helpline for Navy members and their families to call for information regarding their loved ones. This line is staffed by active-duty Navy volunteers and has connectivity with Navy, FEMA and other government agencies. They will try their very best to answer questions regarding the status of Navy members, but please

be aware that communication in the region is still inconsistent.

To date, Americans are watching their military rise to the occasion here at home. From what I see, we have more than 19,000 military personnel supporting this effort; more than 10,000 alone are Sailors. Another 45,500 Army and Air National Guard members are serving in the affected areas. Many people have already categorized the disaster as the biggest in our country's history. Although the majority of the people have been evacuated from the hardest-hit regions, there are still scores more who need our daily help for food, water, clothing, shelter, etc. Anyway you look at it, the recovery is going to take a long time and we (the Navy) will continue to respond as tasked. This is our charter - always has been, always will be.

As much as I like to boast about our Navy's efforts, I constantly remind myself we are a support organization. The overall lead on military support is U.S. Northern Command that just happens to be commanded by Adm. Keating. NORTHCOM is also a supporting organization as the Federal Emergency Management Agency (FEMA) is the overall lead, and they are tasked with the daily assessment of needs and when the Navy provides a ship or unit to help, it's because FEMA has directed the military to perform certain tasks.

Our Navy was perhaps uniquely qualified to provide immediate support. When the hurricane hit, USS Bataan was operating in the Gulf of Mexico. She rode the storm out and as soon as the storm passed, she was on station and ready to respond. Although scheduled to return to

Norfolk, the ship's orders were changed and she remained on station. I was delighted to learn that morale was characterized as "extremely high" because each and every crewmember understood the need for their help and the reason they couldn't be released to go home. That's the type of spirit that some forget to mention. That's the type of spirit that bonds us as a Navy and that's the type of spirit that ensures we embody the term, "esprit de corps!"

All our ships and Sailors are providing incredible services, whether that is distributing food and water by LCAC or by staffing afloat hospitals to provide life-saving treatment to patients that might not otherwise get care.

When the recovery is complete, and the historians write about the military's response and ability to immediately make life better for the people of the Gulf Coast, I'm certain the Navy will be remembered as invaluable. Our Sailors have been responsive, aggressive, inventive, and above all, compassionate. To me, that was always a forgone conclusion, but to many Americans who have never found themselves on the receiving end of our support, they are gaining a firsthand impression that should last a lifetime.

Again Shipmates, I couldn't be more proud of your efforts. To each and every man and woman in our Navy who is either directly or indirectly supporting recovery efforts, I thank you from the bottom of my heart and encourage you to keep up the tremendous effort. All eyes are on you and you are showing our Navy in the most favorable light.

For those of you who may not be involved with the relief effort, I would remind you that our country remains at war in Iraq, Afghanistan and the horn of Africa and what you do is critical to that effort as well. None of us are on the sidelines. None of us are expendable.

Today is a day to celebrate our unity and revel in the fact that when called, we answer - at home and abroad!



**FLTCM(AW/SW)
Jon Thompson**
Atlantic Fleet Master Chief

JAG no longer processing claims for lost, damaged property

*From the Office of the Judge Advocate
General of the Navy*

Whenever you PCS, there is always a chance that something might get broken or damaged. In an effort to become more efficient at processing your claims quickly, the Navy is consolidating its claims division. Therefore, as of Oct. 1, 2005, Navy Legal Service Office (NLSO) Pacific and the Office of the Staff Judge Advocate will no longer be adjudicating claims for loss of, or damage to personal property.

All claims for household goods, personal losses, or POV shipments paid by the government will now be processed by the Personnel Claims Unit (PCU) in Pearl Harbor, Hawaii. All claims that are pending on Oct. 1, 2005 will be forwarded to the PCA Claims Branch Office Pacific, 850 Willamette St, Pearl Harbor, HI 96860-5109. If you have questions, you can contact Pearl Harbor at 1-808-473-1410

ext. 314 or 316, DSN: 473-1410 between 7:30 a.m. and 4:30 p.m. Pacific Standard Time, Monday through Friday, except Federal holidays. The PCU Claims Help Line is also available to answer your questions from 7:30 a.m. to 7:30 p.m. Eastern Standard Time at 1-888-782-7297, Monday through Friday, except Federal Holidays.

There will be no delays in processing your claim at the PCU if you have provided all the information requested and all the appropriate forms are filled out properly. The PCU should be informed of any changes to your phone number, mailing address or email address. If you have suffered a catastrophic loss, such as a fire, or have had essential household goods, like beds and refrigerators, destroyed or lost, then emergency advance payments may be available. To request an emergency advance payment, contact the PCU Claims Help Line at 1-888-897-8217. Please know that in order

to get this type of payment, you must file a claim, and the Help Line representative will provide you with instructions for the forms needed to get the emergency advance payment and getting the payment from DFAS. If you require more information regarding claims, you can go to <http://www.jag.navy.mil> or through the NKO Website at <https://wwwa.nko.navy.mil/portal/page?pagel=pg4020060>

If you have further questions about a legal matter or your pending claim, please schedule an appointment to speak with an attorney at Navy Legal Service Office Pacific in Yokosuka at DSN 243-5141; in Sasebo at 252-3347; in Guam at DSN 333-2061; or in Pearl Harbor at DSN 473-5982. You may also find us on the web at <http://www.jag.navy.mil/html/NLSOPacificYokosuka.htm>.

CAPT. TILGHMAN D. PAYNE
*COMMANDER
FLEET ACTIVITIES SASEBO
252-3444*

CMDR. BERNARD P. WANG
*CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444*

CHARLES T. HOWARD
*CFAS PUBLIC AFFAIRS OFFICER
252-3029
charles.t.howard@sasebo.navy.mil*

JO1(SW) RON INMAN
*EDITOR, SASEBO SOUNDINGS
252-3485
ronald.inman@sasebo.navy.mil*

JOSN JEFF JOHNSTONE
*STAFF WRITER/ASSISTANT EDITOR
252-3409*

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO2 JAMES KIMBER
JOSN ADAM COLE
252-2810

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Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

SGLI increases for Servicemembers

Safeguard begins SALVEX exercise

JOC (Select) Teresa J. Frith
Navy Personnel Command Communications

As of Sept. 1, both active-duty and Reserve service members eligible for full-time Servicemember's Group Life Insurance (SGLI) automatically became insured for \$400,000, regardless of any previous requests to reduce or decline SGLI.

"Servicemembers Group Life Insurance has been assisting our country's military personnel and their families for 40 years. The increase in coverage to \$400,000 will make the benefit even more valuable to today's service members," said Charles Strang, director, Office of Service members Group Life Insurance, Prudential Financial.

The amount of coverage that can be selected has also changed from increments of \$10,000 to increments of \$50,000. The monthly premium remains \$3.25 per \$50,000 of coverage. Based on this formula, \$26.00 will be the monthly premium for full coverage.

After Sept. 1, servicemembers may elect to reduce or decline SGLI by filling out form SGLV-8286, which can be downloaded at <http://www.insurance.va.gov/sgliSite/forms/forms.htm>. Original signatures must appear on all copies, and must be witnessed by an authorized military representative and forwarded to local personnel support staff. Properly completed forms will be submitted to a payroll office to stop or adjust the deductions for SGLI. Reductions are effective the first day of the month after the form is properly submitted.

These changes will not affect coverage under Family SGLI (FSGLI). To be eligible for spouse and/or dependent coverage under FSGLI, service members must keep SGLI in force. The maximum amount of FSGLI remains at \$100,000 and will continue to be available in increments of \$10,000.

Existing beneficiary designations remain effective in the same proportion to \$400,000 and remain effective until a new SGLV-8286 is properly completed.

In another change to the current policy, the member's spouse will be informed if a married member designates a primary beneficiary for his SGLI coverage other than his current lawful spouse. Such an advisory will be made as quickly as possible (within 30 days of the date such selection is submitted by the member), but the notice will not include the name(s) of the actual designated beneficiary(ies). Notices will be sent by first class postal service to the spouse's current address of official record (DEERS).

For more information, visit the Department of Veteran's Affairs Website at <http://www.insurance.va.gov>.

JOSN Adam R. Cole
Task Force 76 Public Affairs
USS Safeguard (ARS 50) Public Affairs

USS Safeguard (ARS 50) will be conducting the first ever Salvage Exercise (SALVEX) with the Indian navy beginning Sept. 12 in India's western coast city of Cochin and its surrounding waters.

Approximately 200 U.S. Navy and Indian navy personnel will participate in a variety of in-port and at-sea training and events over a nearly two-week period.

"This is an exciting opportunity for all of our Sailors. It's an honor to be able to conduct the first U.S.-Indian Navy salvage exercise," said Lt. Cmdr.

Doyle Hodges, Safeguard's commanding officer. "The exercises we've performed with partners all over southeast Asia for the past several months as part of CARAT (Cooperation Afloat Readiness and Training) have prepared us well for this. Our Sailors are looking forward to the opportunity to visit India, as well as to work closely with the Indian navy."



USS Safeguard (ARS 50) will be conducting their first ever Salvage Exercise (SALVEX) with the Indian navy. (Released by CFAS Public Affairs)

The in-port portion of SALVEX will focus on education with lectures, demonstrations and a tour of an Indian navy diving facility as well as the salvage of a training pontoon in the harbor. This initial learning environment will set the stage for a series of complex at-sea events

that will place both navies in several cooperative scenarios.

Cooperation will be a vital element as both navies work together to salvage a sunken aircraft recently discovered by the Indian navy along the Malabar coast.

Safeguard Sailors will be given some time to enjoy the social and recreational activities of Cochin, considered a highly developed industrial and commercial city in India.

During the exercise Safeguard Sailors will also participate in a variety of friendship activities and community service projects.

USS Safeguard (ARS 50) is a forward deployed rescue-and-salvage ship operating out of Sasebo, and is part of Task Force 76, the Navy's only forward deployed amphibious force.

CPG1 Sailor saves Japanese national

Task Force 76 Public Affairs

A Sailor assigned to Amphibious Group One saved the life of a Japanese national Sept. 9 at a local beach in Gushikawa City.

Electronics Technician First Class (SW/AW) Greg Blitz was enjoying a casual Friday evening jet skiing at a local beach when a Japanese girl used frantic hand gestures to communicate her need for help. The Japanese girl did not speak English, but Blitz sensed urgency and fear in the girl's message.

"I wasn't sure what she was trying to say but her eyes and hand gestures told me something just wasn't right," said Blitz. "I knew she wanted me to do something that was important."

Blitz rode on his jet ski in the direction the girl pointed toward. Upon reaching the area he was directed by two Japanese men on a seawall to a more

specific area in the water. He discovered a woman face down in the water approximately 50 yards from the beach.

Blitz pulled the woman out of the water and immediately checked for vital signs. He quickly determined that the woman had no pulse or was not breathing and proceeded to administer Cardiopulmonary Resuscitation (CPR).

Japanese police officials arrived on the scene shortly after to relieve Blitz of his life saving efforts. An ambulance came as well and the woman was transported to a local hospital. The local authorities thanked Blitz for his actions.

"I just used the skills and training the military gave me to help this person," said Blitz. "I'm confident any Sailor in this kind of circumstance could and would have done the same."

Changes to new MWR check cashing policy explained

JO1(SW) Ron Inman
CFAS Public Affairs

The following article is the conclusion of a Sept. 3 article on MWR's IntelliCheck check verification system.

MWR's new check cashing policy has changed, according to Dan Carey, Sasebo Morale, Welfare and Recreation (MWR) business manager.

"Under our previous policy, the first bounced check resulted in a 90-day suspension of check cashing privileges," Carey explained.

"The second bounced check meant a one-year suspension of those privileges, and the third check meant a permanent

suspension," he continued.

"Under our new check cashing policy, four bounced checks will result in permanent suspension. There are no shorter suspensions for the initial bounced checks as there were with the old policy," he said.

Although there are no shorter suspensions leading up to the fourth check under the new policy, those who bounce checks are still liable for the fees associated with them – \$28 per check to IntelliCheck, the collection agency used by Sasebo MWR, and a \$20 fee to the bank. That's a \$48 fee per check, so the first three bounced checks would cost \$144.

The next bounced check results in

permanent suspension of check writing privileges.

As if the fees and suspension aren't enough to discourage the practice of bouncing checks, Carey added that check bouncers can run, but they definitely can't hide.

"Companies can go directly to the Defense Finance and Accounting Service (DFAS) and make automatic deductions from the sponsor's paycheck in large chunks if they don't pay their fees," Carey emphasized.

"For those who aren't paid by DFAS – Department of Defense Dependent Schools (DoDDS) teachers, visiting family members, non-appropriated fund (NAF) personnel and USNS ship crews

– the companies can file liens against their taxes for up to seven years to collect the debt," Carey said.

Carey urged those who are unsure of their status to contact him to resolve the issue before it is too late.

"Everyone who was on the bad check list prior to the policy change is still on it," Carey said. "If you want to know if you're on the list, or your status, please call me."

For more information on the new MWR check cashing policy, please call Dan Carey at 252-3472.

Mine Warfare commander sends important message to Sailors

JOSN Adam R. Cole
Task Force 76 Public Affairs

Rear Adm. Deborah A. Loewer, Commander, Mine Warfare Command, came to Sasebo Sept. 2 to bring renewed awareness of the capabilities and improvements within the mine warfare community.

The special presentation, called “Why Mine Warfare?” was hosted by Sasebo’s Surface Navy Association (SNA), an organization for surface warfare Sailors to advance their knowledge on a variety of surface warfare subjects.

Loewer’s presentation made clear the far-reaching threat of mines, and urged greater vigilance and precautionary measures that could be taken.

“By raising the level of awareness, we can better handle this worldwide threat to the U.S. Navy,” said Loewer, one of the first women to take on shipboard duty and the first female Surface Warfare flag officer. “I hope to see Sailors begin to take the critical steps to ensure the survivability of their ship and their shipmates in regards to the mine threat.”

Loewer also devoted a good portion of her presentation to laying a visual road map on mine warfare.

One of the great additions to the mine warfare community, said Loewer, will be the addition of the Littoral Combat Ship (LCS). The USS Freedom (LCS 1) will be the first of its kind. It will have the ability to operate under several mission capabilities, depending on what mission module is installed on the ship at a particular time. Freedom will take on a mine warfare capability initially.

There will also be a more organic approach to mine warfare, she said, meaning other classes of ships, perhaps cruisers and destroyers, will be more equipped to detect mines.

employing these new capabilities to the mine warfare mission.”

Despite the changes ahead, mine countermeasure ships, especially those forward deployed to Sasebo, still play a

mines and said he and his ship are committed to achieving the mine warfare mission here in Sasebo.

“Rear Admiral Loewer’s presentation puts in perspective that mine warfare is everybody’s problem,” said Brawley. “This is the greatest threat in the world and it is something that we all have to address.”

Overall, members of the audience said the presentation gave them a more urgent perspective on mine warfare.

“Unfortunately, mine warfare is often not given a strong emphasis by surface warfare personnel,” said Lt. Bart Fabacher, safety officer on the USS Essex (LHD 2). “I think after Rear Adm. Loewer’s speech, we will be able to refocus on what is a very imminent threat.”

Loewer concluded her Sasebo visit with some important words to the minesweeping component of Task Force 76. Two mine warfare ships, USS Guardian (MCM 5) and USS Patriot (MCM 7) are forward deployed to Sasebo.

“I want our Sailors on the Patriot and Guardian to know that they have a very important job,” she said. “Because everywhere that a Navy ship goes in harm’s way, a mine sweeping ship has to go there first.”

Loewer will now be returning to Mine Warfare Command’s headquarters in Corpus Christi, Texas, where she will oversee the usage of Mine Warfare Command assets like MH-53 helicopters and a handful of mine countermeasure vessels set to aid in the Hurricane Katrina recovery efforts.



Rear Adm. Deborah A. Loewer, Commander, Mine Warfare Command, imparts some final words to Lt. Cmdr. Richard Brawley, USS Patriot (MCM 5) commanding officer, and Lt. Bart Fabacher, USS Essex (LHD 2) safety officer, after a presentation made Sept. 2. Loewer’s presentation, “Why Mine Warfare?”, which was hosted by Sasebo’s Surface Navy Association (SNA), brought renewed awareness of the capabilities and improvements within the mine warfare community to Sasebo Sailors. Task Force 76 is the Navy’s only forward deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo. (U.S. Navy Photo by JOSN Adam R. Cole)

“As you can see, there are a lot of new technologies arriving in my tool kit as Commander, Mine Warfare Command,” said Loewer. “We are excited to begin

vital role, said Loewer.

Lt. Cmdr. Richard Brawley, USS Patriot (MCM 5) commanding officer, echoed Loewer’s thoughts about the dangers of

Task Force 76 Sailors enjoy Japanese barbecue with BEE class

JOSN Adam R. Cole
Task Force 76 Public Affairs

Task Force 76 Sailors joined members of Fleet Activities Sasebo (CFAS) to give Japanese Ground Self Defense Force (JGSDF) students of the Basic Enlisted English (BEE) course, a gastronomical lesson Sept. 3 at Camp Ainoura.

BEE students, who undergo a three-month course in English, invited their American counterparts to a traditional Japanese barbecue called yakiniku, a cooking style in which fresh, seasoned ingredients such as meat, seafood and vegetables are placed on a metal mesh surface and flame grilled.

Operation Specialist Second Class (SW) Lanita S. Morgan, a crewmember aboard USS Essex (LHD 2), explained that the meal was delicious and added a

pleasant smile as she used chopsticks to savor some grilled beef.

Sasebo Sailors like Morgan volunteer every Friday at Camp Ainoura to facilitate English conversations with the students. Topics include culture, vacation and recreation. Saturday was scheduled for an open-format discussion, but the talk mainly focused on cuisine.

JGSDF personnel grilled meats and vegetables throughout the afternoon and then treated the guest to green tea ice cream at the end to conclude the meal.

The BEE students said the barbecue was a great venue for students and teachers to discuss topics outside the structured setting of the classroom.

“It was more natural today,” said Sgt. Nagata Shinji, a member of the current class, the 28th class to be put through the program. “It felt a lot more free. I learned more, which is good.”

Since August, Morgan has been volunteering her time to help the 28th BEE students. One of her goals has been to learn more about the Japanese way of life. According to Morgan, Saturday’s tasty barbecue gave her a deeper understanding and taste of Japanese culture.

“I’m gaining quite an understanding of this country and its people,” said

Morgan. “It’s wonderful to be able to communicate with them on a personal level.”

JGSDF leaders were glad to put on the event, saying that is was a perfect opportunity to show their appreciation for the support that the Navy Sailors provide.



OS2 (SW) Lanita S. Morgan interacts with a student of the Basic Enlisted English (BEE) course as he prepares seasoned beef slices and vegetables for her at a traditional Japanese barbecue, yakiniku, event, Sept. 3. (U.S. Navy Photo by JOSN Adam R. Cole)

Sasebo Wardroom Association
"Dedicated to the well-being of our Sasebo community!"

Grand Oriental Bazaar

22 ~ 23 October 2005
Saturday: 9:00 am ~ 5:00 pm
Sunday: 10:00 am ~ 3:00 pm

Main Base Housing Area
E.J. King/Sasebo Elementary School buildings

All sales in U.S. Dollars and Dollar checks
12% of the proceeds go to the Sasebo Wardroom Association in support of worthy Japanese & American charitable causes and activities
(In 2004 Sasebo Wardroom Association gave more than \$80,000 back to the community!)

More than 20 vendors from all over the Far East! Rosewood Furniture, Korean Strip Tantrui, Oriental Carpets, Antiques, Decorative Items, Gift Items, Jewelry, Kimono & Obis, Art & Wood Block, Youth Logo Clothing, and much, much more! Iwakuni and Kure Patrons encouraged to visit!

Enjoy an interesting and scenic tour of historic Kumamoto City, home of the world-famous Kumamoto Castle, when the Sasebo Travel & Tours bus takes you there on Sunday, Sept. 18. Cost of the trip is \$23 for adults, \$16 for children 6 to 15 and \$10 for youngsters 5 and under. Kumamoto castle is located in the heart of Kumamoto City and is one of the most celebrated castles in Japan. It took over 7-years to build, commencing in 1601. This castle is 12 km in circumference and protected by a moat. You will visit the Suizenji Park where you will find the Suizenji Jojuen Garden, which was originally constructed as a tea retreat in the Momoyama style with exquisite landscaping. The trip would not be complete without a stop at the Kyu-Hosokawa Gyobutei, residential mansion of the Lord Hosokawa-Gyobu Clan. Sign up today. For more information, call 252-3433.

Nationally known comedians Ray Barnett and Martin Walsh will fill the Harbor View Club with laughter on Tuesday, Sept. 20. The free show is scheduled to begin at 8 p.m. Food and beverage service will be available throughout the show. The thing that makes any comedian successful is the ability to connect with an audience. It's the quality of sharing the humor in everyday situations, which people can relate to, that has made Barnett one of the funniest young acts in comedy today. Houston, Texas, where Barnett began his career in comedy, was also the starting point for fellow comedians Sam Kinison, Bill Hicks and Brett Butler to name a few. Barnett has worked with many national headlining comedians such as Pauly Shore, Bruce Baum, Joe Rogan (Fear Factor), Victoria Jackson (SNL), Dave Chapelle, Kathleen Madigan and Dave Attell (Insomniac). He has participated in five U.S.O. tours to date with performances in Japan, Korea, Okinawa, Guam, Italy, Germany, Sicily, Amsterdam and Bahrain. For more information about the free show, call 252-3965.

Tour one of the many pottery factories in Arita on Wednesday, Sept. 21 with Travel & Tours and see how they make their exquisite masterpieces first-hand. After the tour you'll make your own 'masterpiece' on the potters wheel and paint a ceramic piece. Your creations will be fired and sent to the Travel & Tours Office where you can pick them up later. This is a unique 'hands on' experience, for adults only. Tickets are only \$35. For more information, call 252-3433.

You and your family and friends can hike up Mt. Atago with friends from the Sailing & Outdoor Adventure Center on Friday, Sept. 23 from 4 to 6 p.m. Cost is only \$5 per person. Even if you've never been on a hike before, you should consider signing up for this one, as this guided hike offers pleasant views over relatively easy terrain. Great for the whole family. For more information, call 252-3500.

Relax and enjoy the warm summer breeze and pleasing cool water at a spectacular, pristine beach on Friday and Sunday, Sept. 23 and 24. The Miyazaki Ocean Dome, listed in The Guinness World Book of Records as the world's largest indoor water park, offers a full range of activities for you and your family and friends to enjoy. There are a variety of pools in various sizes, exciting attractions, food establishments to please your taste buds and entertainment galore. The weather is always soothing in the retractable ceiling dome that keeps the water temperature just right. With a maximum capacity of 10,000, the huge Dome is 300m by 100m wide. There is everything from a zoo, amusement centers, bowling center, shops and more. Cost is only \$125 for adults, \$75 for children 6 to 12 and \$25 for youngsters 5 and under. Bring ¥en. Dress for comfort and weather. Don't forget your beachwear and camera. For more information, call 252-3433.

It'll do you good. A great way to experience the great outdoors while you're in Japan is on foot and the best way to do that is with your friends at the Sailing & Outdoor Adventure Center. They've arranged a

Schedule for September 16 - 25

SHOUBOAT

Telephone: 252-3822

FRIDAY, SEPTEMBER 16

6:30 p.m. (PG) • Charlie and the Chocolate Factory

9:30 p.m. (R) • * Hustle and Flow

Midnight (PG-13) • The Island

SATURDAY, SEPTEMBER 17

6:30 p.m. (PG-13) • Dark Water

9:30 p.m. (R) • Hustle and Flow

Midnight (R) • George A. Romero's Land of the Dead

SUNDAY, SEPTEMBER 18

6:30 p.m. (PG-13) • Stealth

9:30 p.m. (R) • Hustle and Flow

MONDAY, SEPTEMBER 19

8:30 p.m. (R) • Hustle and Flow

TUESDAY, SEPTEMBER 20

6:30 p.m. (R) • Wedding Crashers

WEDNESDAY, SEPTEMBER 21

6:30 p.m. (PG-13) • The Bad News Bears

THURSDAY, SEPTEMBER 22

6:30 p.m. (PG-13) • Stealth

FRIDAY, SEPTEMBER 23

6:30 p.m. (PG) • * Sky High

9:30 p.m. (PG-13) • * Must Love Dogs

Midnight (R) • Wedding Crashers

SATURDAY, SEPTEMBER 24

6:30 p.m. (PG) • Sky High

9:30 p.m. (PG-13) • Must Love Dogs

Midnight (PG-13) • Fantastic Four

SUNDAY, SEPTEMBER 25

6:30 p.m. (PG-13) • Must Love Dogs

9:30 p.m. (R) • Wedding Crashers



MWR

THEATERS

Movie schedule is subject to change without notice.

HARIO VILLAGE

Telephone: 252-8753

FRIDAY, SEPTEMBER 16

6:30 p.m. (PG-13) • The Bad News Bears

9:30 p.m. (R) • Wedding Crashers

SATURDAY, SEPTEMBER 17

2 p.m. (PG-13) • The Bad News Bears

6:30 p.m. (R) • Wedding Crashers

9 p.m. (PG-13) • The Island

SUNDAY, SEPTEMBER 18

2 p.m. (G) • Herbie: Fully Loaded

6:30 p.m. (R) • Wedding Crashers

THURSDAY, SEPTEMBER 22

6:30 p.m. (PG-13) • The Bad News Bears

FRIDAY, SEPTEMBER 23

6:30 p.m. (PG) • Charlie and the Chocolate Factory

9:30 p.m. (R) • Hustle and Flow

SATURDAY, SEPTEMBER 24

2 p.m. (PG-13) • The Bad News Bears

6:30 p.m. (PG-13) • Dark Water

9 p.m. (R) • Hustle and Flow

SUNDAY, SEPTEMBER 25

2 p.m. (PG-13) • Stealth

6:30 p.m. (R) • Hustle and Flow

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6:30 p.m. (R) • Wedding Crashers

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6:30 p.m. (PG-13) • The Bad News Bears

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MWR

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HARIO VILLAGE

Telephone: 252-8753

FRIDAY, SEPTEMBER 16

6:30 p.m. (PG-13) • The Bad News Bears

9:30 p.m. (R) • Wedding Crashers

SATURDAY, SEPTEMBER 17

2 p.m. (PG-13) • The Bad News Bears

6:30 p.m. (R) • Wedding Crashers

spectacular daylong hike up Mt. Aso on Saturday, Sept. 24 from 6 a.m. to 10 p.m. Cost is only \$20 per person. Even if you've never been on a hike before, you should consider signing up for this one, as it offers stunning views of the unique landscape of this volcanic mountain over relatively easy terrain. For more information, call 252-3500.

The world famous alternative rock band Everclear will appear live, in person at Nimitz Park on Sunday, Sept. 25. The free show will open with a performance by the band 6-1-9 at 3 p.m. followed by Everclear at 7 p.m. Everclear's grunge-punk style was nothing new when the band started generating interest in the mid 90's with solid songs that quickly climbed to the top of the charts. Soon Art Alexakis' timely lyrics were heard loud and clear and loved by screaming teens all across America as the band toured relentlessly from coast to coast. Sparkle and Fade, their second album, soon followed. It was played extensively on alternative radio, highlighting singles "Santa Monica" and "Heroin Girl." Afterglow followed in 1997 and songs from an American Movie, Vol. 1: Learning How to Smile came out a few years later. Songs from an American Movie, Vol. 2: Good Time for a Bad Attitude quickly followed. Bring your family and friends for an afternoon of great live entertainment, free at Nimitz Park.

If you ever wanted to sail away into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. The Sailing & Outdoor Adventure Center will conduct a six-hour Basic Sailing Class on Sunday, September 25 so you can enjoy this great outdoor sport safely and with confidence. The class will take place from 10 a.m. until 4 p.m. Cost is only \$35 per person. For more information, call 252-3500.

September lunch specials at the Harbor View Club's Oriental Garden Restaurant are sure to please your taste buds and your pocketbook. The \$6.95 daily lunch specials all include one trip to the salad bar and your choice of iced tea or coffee. Every Monday in September they offer Captain Longboat's Shrimp Basket served with French fries. On Tuesdays the lunch special is grilled pork chop served with mashed potatoes and Italian sausage. The Wednesday special is homemade lasagna served with garlic bread. Thursdays you can enjoy turkey tostadas with pico de Gallo, and every Friday in September the special is blackened Pollack with chipotle butter sauce. The Oriental Garden Restaurant is the perfect place to relax and enjoy a delightful lunch with your family, friends and co-workers. Reservations not required.

ONE FREE MOVIE!

with the new MWR

CINE-PASS

Receive one stamp
for each movie
admission.
Collect 7 stamps,
your 8th movie is
FREE!

Cine-Pass

available for purchase at:

- Showboat Theater
- Hario Theater
- Travel & Tours Office

*For more information,
call 252-2906*

Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child CINE-PASS CANNOT be used for an adult's admission.
5. Admissions are based upon seating availability.
6. Any card that has been manipulated, defaced or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No backstage, showers, trailers, restaurants or clubs are allowed in the Theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

Main Base/Hario Teen Centers propose hours change

MWR is looking for community feedback regarding a proposal to change the current hours of the Hario and Main Base Teen Centers. Contact MWR with any feedback or suggestions you may have.

Current hours	Proposed hours
Main Base Teen Center Mon - Thurs. 3 - 6 p.m. Fri. and Sat. 3 - 11 p.m. Sun. Closed	Main Base Teen Center Mon - Thurs. 3 - 6 p.m. Fri. and Sat. 3 - 8 p.m. Sun. - Closed
Hario Teen Center Mon - Thurs. 3 - 8 p.m. Fri. and Sat. 4 - 8 p.m. Sun. Noon - 5 p.m.	Hario Teen Center Mon - Thurs. 3 - 8 p.m. Fri. 4 - 8 p.m. Sat 3 - 8 p.m. Sun. - Closed
Hario/Main Base Pre - Teen Center Mon - Thurs. 3-8 p.m. Fri. and Sat. 3-8 p.m. Sun. - Closed	Hario/Main Base Pre - Teen Center Mon - Thurs. 3 - 6 p.m. Fri. and Sat. 3 - 8 p.m. Sun. - Closed

Safety Corner: Child care

Charles Carr
CFAS Safety Department

Each year too many of our young children are lost to careless accidents and thoughtlessness. We lose children needlessly in car crashes, bicycle accidents, poisoning, drowning and fires.

We need to be more responsible for the people who are totally and completely dependent on us for their safety. There have been major advances in the field of child seat safety since 1978, which is when the first law requiring child safety seat use was passed. Statistics and research show that when used correctly, child passenger protection devices are 80 percent effective in preventing death and 75 percent effective in preventing injury.

Children are natural explorers and therefore, we must keep harmful items out of their reach. Pesticides, certain plants, chemicals such as gas and oil, cosmetics, cleaning products and medicines can all cause serious injury and even death to small ones. It is only being responsible and assuring that your child/children are protected from these products. It is your responsibility as parents to protect.

Small children should never be left alone in the bathtub, a wading pool, swimming pool or the like. It is unsafe for children to swim alone.

Other harmful items to watch are things that can fall on children or cause them to fall and hurt themselves. Be extra careful of children in the kitchen around cooking stoves, where matches are stored and near fireplaces and free standing stoves. It is important to inspect your house and ensure that you have done all that you can to make it a safe environment. When they are outside riding their bikes, skate boarding or on roller blades, ensure that they know the rules governing their safety and please purchase the safety equipment recommended for each activity.

Taking care of the children now will ensure that we have a future to look forward to.

Hurricane web site established for Sailors, DoN civilians, family members

From the Navy News Service

The Navy established a new Web site Sept. 11 focused exclusively on providing information to Sailors, Navy civilians and their family members affected by Hurricane Katrina. The site can be found at <<http://usnavykatrinahelp.spawar.navy.mil>>, serves as a comprehensive reference for how the hurricane may have affected personnel-related matters including pay, healthcare, legal assistance, orders and other professional matters.

In addition, the site provides links to resources for Navy members and their families, including the Navy/Marine Corps Relief Society, the American Red Cross and other news and information sites.

"Services and support are available for the members of our Navy family - Sailors, active-duty and reserve, civilian employees, families and retirees affected by the destruction of Hurricane Katrina - but communicating those capabilities is the challenge," said Vice Adm. Gerry Hoewing, Chief of Naval Personnel. "This site provides a valuable clearinghouse of specific services to our people who need and deserve our help the most."

The Navy has also established an information hotline for Sailors, Navy Civilians and their families. By calling (877) 414 - 5358, Navy members can report their whereabouts if they are unable to reach their regular chain of command, obtain guidance for their specific situation, and obtain information on the whereabouts of personnel.

"The 877 number is available to people all over the Navy - not just for people in the affected area - that they



Lt. j.g. Sam Werschky, assigned to Naval Mobile Construction Battalion One (NMCB-1), describes to President George W. Bush his Seabee's clean-up efforts at 28 Street Elementary School in Gulfport, Miss. The Navy's involvement in the humanitarian assistance operations are being led by the Federal Emergency Management Agency (FEMA), in conjunction with the Department of Defense. (U.S. Navy Photo by PHCS Thomas Coffelt)

can call," said Rear Adm. Christopher Weaver, commander, Navy Installations Command (CNI). "They will be received on the phone by a person, not a recording, and that person will own the question or issue until it is properly resolved by someone in the community support process within CNI or within (Navy Personnel Command)."

Base organizations unite to host ‘Hurricane Relief Night’

Released by Task Force 76 Public Affairs

Many key Sasebo organizations, including Navy League, the Wardroom Association, Filipino Americans and Officers Spouses Club to name a few, have united with Fleet Activities Sasebo (CFAS) Religious Ministries Department to stage a Hurricane Katrina Relief benefit dinner called "Flavor of the Bayou" on Sept. 23, 5:30-9:30 p.m., at the Harbor View Club.

The event will showcase some true New Orleans Cajun cuisine, prepared by Harbor View Club's Charles Yost. The cost for the event will be \$15 and everyone is welcome to attend.

"I think there was a sense that we here in Sasebo wanted and had an obligation to do something for our fellow Americans back home," said Journalist Seaman Adam R. Cole, Flavor of the Bayou coordinator. "So, this project evolved. I think it will not only give us a chance to give back but also allow us to celebrate the rich culture of that area, a culture that will hopefully thrive once again very soon."

The proceeds of the event will be donated in full to the "Hurricane Katrina Project" fund established by the Religious Ministries Department, earmarked for the Navy/Marine Corps Relief Society. Organizers have set a goal of \$4,000 for the evening's success.

"We understand that this is only a small portion of the millions it will take to rebuild, but it will help, and it allows our community to do something positive to contribute to the relief efforts," said Jerry Havens, Navy League president. "There can't be a better way to raise money for such a worthwhile cause than to celebrate in the style of New Orleans, as we dig deep to help them

overcome this terrible disaster."

Entrees like tasso ham, chicken jambalaya, and seafood tomato etoufee will highlight the New Orleans buffet feast.

There will also be gaming tables with play money for more New Orleans fun as well as a "Buy You" auction, where community individuals and "celebrities" will offer up their talents and services to the highest bidder. If you have some amazing skill or talent that others would be willing to pay to have you perform for them, such as gourmet chef, car detailer, yard work professional, car washer par excellence, amazing skills at ironing clothes, please offer up your services, say the organizers.

Overall, the night will be fun, say the organizers, and hopefully help the Sasebo community feel as if it has contributed to the relief of our fellow Americans along the devastated Gulf Coast.

"The thing that's most impressed me in the wake of Hurricane Katrina is the way Americans have pulled together to help those who were devastated by the storm," said Capt. Tilghman D. Payne, CFAS commanding officer. "If there's one positive note to take away from this terrible disaster it's the resiliency and unity of the American people and the rapid assistance we get from our strong friends in the international community whenever we are faced with adversity. This benefit dinner is another impressive example of Americans stepping up to help Americans."

For more info on the event, or to sign up for the "Buy You" auction, contact either Cole, 252-2275, or Havens, 252-3109.



Fleet Gym 252-3588

Hario Gym 252-8691

Still number one: Total Force defeats CNFJ, 11 - 8

JOSN Jeff Johnstone
CFAS Public Affairs

A triple - header of softball action was headlined by the two top teams in the league Wednesday, Sept. 14, as the Total Force took on CNFJ Fire Department at Nimitz Park.

CNFJ started the first inning off with an immediate impact, connecting on a pair of homeruns and taking an early 3 - 0 lead. Total Force failed to reach homeplate in the opening inning, but would rally, cutting the lead to 3 - 1 in the second.

CNFJ looked poised to pull off an upset in the third inning, pulling ahead 5 - 1. Total Force would refuse to go away, as Carl Montgomery nailed a single to bring his teammate home, again cutting the lead to two. Your score at the halfway mark, 5 - 3 in favor of CNFJ.

Following a CNFJ score, and a three



John Doyle of the Total Force drills the ball as it crosses the plate during intramural softball action at Nimitz Park. The Total Force defeated their CNFJ opponents, 11 - 8. (U.S. Navy Photo by JOSN Jeff Johnstone)

point lead, Total Force immediately answered the call, knocking another one out of the park bringing in two runners. Total Force continued to nip at CNFJ's heels, cutting the lead to 6 - 5.

The fifth inning was the beginning of the end for CNFJ, as the Force tied the score at six runs apiece. Two more runs would see Total Force take their first lead of the game. It would be only the second, and final lead change. The fifth inning concluded with the Force on top, 8 - 6.

The sixth inning was the final nail in the coffin for CNFJ, as Dustin Kentzell hits yet another ball out of the park, putting the Force ahead, 10 - 6.

The game's seventh and final inning saw Total Force score another run, taking an 11 - 6 lead. CNFJ made strides towards a late comeback attempt, scoring two more runs, but it was too little, too late.

NFL week 2 predictions: fans look forward to more action

JOSN Jeff Johnstone
CFAS Public Affairs

Editor's Note: The Sasebo Soundings prediction record currently stands at 6 - 3.

Due to the positive response from NFL fans at Fleet Activities Sasebo (CFAS) to last week's gridiron predictions, the *Sasebo Soundings* is pleased to feature predictions for some key **Week 2** matchups. Enjoy the games!!

Key games:
Sun. Sept. 18

Buffalo at Tampa Bay
Tampa Bay shocked the league (and some CFAS Sailors) by pillaging the Vikings in week one. They'll face a sterner challenge this week, as they host the Buffalo Bills. J.P. Losmon looked good in his first NFL outing with the Bills, and Willis McGahee rushed for 117 yards. The Bucs' new rookie back, Carnell "Cadillac" Williams also had a productive game last week, rushing for an impressive 148 yards. If you like to watch dueling

rushing games, this could be the contest for you.

Prediction: Buffalo edges Tampa Bay

Jacksonville at Indianapolis
The Colts showed fans something last week they hadn't seen in a while...a defense. While the Ravens are hardly an offensive juggernaut, they nearly faced a shut out against the Colts. Peyton Manning had a decent outing, leading his team to 24 points on the Ravens defense, and passing for 254 yards. The Jags' Byron Leftwich lit up Seattle's defense for 252 passing yards, 130 of them to Jimmy Smith on seven receptions. The Colts are used to scoring big, so maybe we'll get to see how they fare in a shootout.

Prediction: The Colts outscore the Jaguars

New England at Carolina
A famous wrestler once said, "To be the man, you've gotta beat the man." That's the story with the Patriots. And Carolina almost did it two years ago at *Super Bowl*

XXXVIII. Many experts are picking these two teams to have another go - around in this years' big game. Carolina started slow last season, (and this season, with a loss at home to the Saints) but have the arsenal to keep pace with anyone in the NFC. They should be competitive. New England got off to a great start at home against the Raiders. This game will be a tough one to pick. This will be my Tampa Bay pick for this week!

Prediction: Carolina rebounds and defeats New England

Kansas City at Oakland
This is a big AFC West contest. Newly acquired receiver Randy Moss did some good things for the Raiders against New England (5 catches for 130 yards) and should do even more damage if utilized more. Kansas City, like Indianapolis, showed a defense last week they didn't previously have. The Chiefs' offense is still dangerous (tops in the league last season). That combination was a nightmare for the New York Jets, as the Chiefs were all over them on both sides of the field. If the Chiefs' defense can

continue their upswing, look for them to stifle Kerry Collins and prevent him from connecting with Moss.

Prediction: Chiefs defeat the Raiders

Mon. Sept. 19

Washington at Dallas
The second of a double - header Monday night contest features another installment of the Redskins - Cowboys rivalry. Dallas has won the last four contests, two last year against Skins' coach Joe Gibbs. Cowboys coach Bill Parcells vs. Joe Gibbs is probably more interesting than the two teams on the field. Dallas had an impressive win against the Chargers last week, and look to stay competitive in the division. Washington dropped the ball on that, announcing Mark Brunell as their starter for this game.

Prediction: Cowboys over Redskins

Fitness Tip: Eight essential health tips to living a good life

Alec Culpepper
MWR Fitness & Aquatics Director

- 1. Move More**
Make it a daily challenge to find more ways to move your body. Do simple things such as taking the stairs not the elevator or parking your car at the far end of the lot not right next to the building. Anything that moves your limbs is not only a fitness tool, it a stress buster!
- 2. Cut Fat**
Avoid the obvious such as fried foods, burgers and other fatty meats. Try the low fat or fat free version of your favorite foods. You might find they taste just as good and are better for you.
- 3. Quit Smoking**
The jury is definitely in on this verdict.

- Smoking isn't good for you! We all have know this since 1960 when the Surgeon General announced that smoking wasn't good for your health. So maybe try smoking one less today.
- 4. Reduce Stress**
Easier said than done, stress busters come in many forms. Techniques include think positive thoughts, spend 30 minutes a day doing something you like, get a massage, or meditate. Try counting to ten before losing your temper or getting aggravated. Avoid difficult people when possible.
 - 5. Floss Your Teeth**
Recent Studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be

- more health conscious than people who don't?
- 6. Avoid Excessive Drinking**
While recent studies show a glass of wine or one drink a day can help prevent against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer.
 - 7. Keep a Positive Mental Outlook**
There's a definitive connection between living well and healthfully and having a cheerful outlook on life.
 - 8. Choose Your Parents Well**
The link between genetics and health is a powerful one. But just because one or both of your parents died young it doesn't mean you cannot counteract the genetic pool handed to you.

Upcoming Sports Events

What: Fall Intramural Basketball League
When: Tuesday, Oct. 4
Where: Fleet Gym
Rosters Due By Wednesday, Sept. 28.

What: Fall Intramural Flag Football League
When: Tuesday, Oct. 11
Team rosters are due Wednesday Oct. 5. Coaches meeting at the Fleet fitness Center on Thursday October 6 at 5:30 p.m.

What: Columbus Day Weekend Golf Tournament
When: Saturday, Oct. 8, 7:30 a.m.
Where: Tsukumo Golf Course.